



# *COMMONWEALTH of VIRGINIA*

## *Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

[Click Here to go to the Virginia Department for the Aging Home Page](#)

### **TABLE OF CONTENTS AAA TUESDAY E-MAILING March 8, 2005**

<b>SUBJECT</b>	<b>VDA ID NUMBER</b>
<a href="#"><u>Pre-White House Conference on Aging Events</u></a> (Bill Peterson)	05-80
<a href="#"><u>Virginia Aging and AoA in the News</u></a> (Tim Catherman)	05-81
<a href="#"><u>Dietary Guidelines for Americans 2005</u></a> (Carol Driskill)	05-82
<a href="#"><u>National Women's Health Week &amp; National Women's Check-Up Day</u></a> (Carol Driskill)	05-83
<a href="#"><u>Livable Communities Competition</u></a> (Bill Peterson)	05-84
<a href="#"><u>AAA Nutrition Directors Meeting &amp; Training</u></a> (Carol Driskill)	05-85

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# *COMMONWEALTH of VIRGINIA*

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

## **MEMORANDUM**

**TO:** AAA Directors

**FROM:** Bill Peterson

**DATE:** March 8, 2005

**SUBJECT:** **Pre-White House Conference on Aging Events**

There are a number of pre-WHCoA events scheduled in Virginia between now and October. Although these events should be listed on the WHCoA web site, I am unable to find all the events scheduled for Virginia.

I know that there is a pre-conference "solutions session" scheduled for April 14 at the College of William & Mary in Williamsburg (call 757-221-7794 to register or go to [www.wm.edu/tjppp/whitehouseconferenceonaging/](http://www.wm.edu/tjppp/whitehouseconferenceonaging/) to learn more). However, I am unable to find a complete listing of the other pre-WHCoA events scheduled for Virginia.

Please send me an email letting me know about other pre-WHCoA events you know are scheduled to take place in Virginia: send to [bill.peterson@vda.virginia.gov](mailto:bill.peterson@vda.virginia.gov) or call me at 804-662-9325. Thanks for your help in this.

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*  
 Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
 Area Agencies on Aging

**FROM:** Tim M. Catherman  
 Deputy Commissioner, Support Services

**DATE:** March 8, 2005

**SUBJECT:** Virginia Aging and AoA in the News

Below are Virginia Aging or AoA related articles that have occurred since last week's Tuesday E-mailing. These links do not require a paid service; however, some (like the Washington Post, etc.) ask a brief survey or registration. Please note some links are time sensitive and can change daily. Some articles may be editorial and/or political. Links are presented 'as is'.

If you are aware of articles that I am missing, please e-mail me a link for inclusion next week.

**Virginia AAAs In the News**

[Nutrition program turns to community](#)

Roanoke Times - Roanoke, VA

... the nutrition program supervisor for the New River Valley Agency on Aging last summer ... The Virginia Tech Service Learning Center has launched a program that will ...

[MEOC starts effort for Alzheimer's patient caregivers](#)

Coalfield Progress - Big Stone Gap, VA

One of the state's most innovative and effective area agencies on aging has launched yet another program

[Elderly couples need good neighbors, advocates say](#)

Daily Press - Newport News, VA

... situation and make recommendations," said Gino Columbaro, executive director of the Southeastern Virginia chapter of ... The Peninsula Agency on Aging offers a ...

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**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*  
Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Carol Cooper Driskill

**DATE:** March 8, 2005

**SUBJECT: Dietary Guidelines for Americans 2005**

The following information comes from the Administration on Aging eNews Letter dated January 18, 2005. We will be discussing the impact of the new Dietary Guidelines at the AAA Nutrition Directors Meeting and Training being held Friday, May 6, 2005 in Charlottesville.

**New Dietary Guidelines to Help Americans Make Better Food Choices, Live Healthier Lives**

HHS Secretary Tommy G. Thompson and Agriculture Secretary Ann M. Veneman announced on January 12 the release of the *Dietary Guidelines for Americans 2005*, the federal government's science-based advice to promote health and reduce risk of chronic diseases through nutrition and physical activity. The sixth edition of *Dietary Guidelines for Americans* places stronger emphasis on reducing calorie consumption and increasing physical activity. It emphasizes choosing a nutritious diet, maintaining a healthy weight, achieving adequate exercise, and "keeping foods safe" to avoid foodborne illness. This advice is particularly important for "Baby Boomers", older adults, and their caregivers.

This joint project of the Departments of Health and Human Services and Agriculture is the latest of the five-year reviews required by federal law. It is the basis of federal food programs and nutrition education programs, including the Older Americans Act Nutrition

Programs through Titles III-C and VI and supports the nutrition and physical fitness pillars of President Bush's *HealthierUS* Initiative.

Eating a healthy balance of nutritious foods continues as a central point in the *Dietary Guidelines*, but balancing nutrients is not enough for health. Total calories also count, especially as more Americans are gaining weight. Because almost two-thirds of Americans are overweight or obese, and more than half get too little physical activity, the 2005 *Dietary Guidelines* place a stronger emphasis on calorie control and physical activity.

The *Dietary Guidelines* provides authoritative advice for people two years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases. Several recommendations address special populations such as older adults who are higher risk. Consumer-friendly materials such as brochures and Web sites will assist the general public in understanding the scientific language of the 2005 *Dietary Guidelines* and the key points that they can apply in their lives. To highlight those points, a consumer-oriented brochure accompanies the 2005 *Dietary Guidelines*. USDA's Food Guidance System also will serve as a tool to educate consumers on the *Dietary Guidelines for Americans*. The Food Guidance System, currently called the Food Guide Pyramid, is undergoing revision and will be released in the spring of 2005. The 2005 *Dietary Guidelines*, consumer brochure, and related materials are available at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

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*Department for the Aging*  
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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Carol Cooper Driskill

**DATE:** March 8, 2005

**SUBJECT: National Women's Health Week & National Women's Check-Up Day**

There is an opportunity for the aging network and service providers to become involved in this year's **National Women's Health Week (NWHW)** and **National Women's Check-Up Day**. The U.S. Department of Health and Human Services will celebrate National Women's Health Week on May 8-14, 2005 and its signature event, National Women's Check-Up Day, on May 9, 2005. The celebration complements and supports the Department's efforts to help all women take advantage of important preventive health care services.

Organizations across the nation are invited to host events or health screenings on National Women's Check-Up Day or during the week. Event hosts will help to improve understanding and awareness of women's health issues. Health screening providers will provide or make appointments to provide preventive health services to women on May 9, 2005 and/or throughout the week. Organizations that participate will be listed on the National Women's Health Information Center Web site and may order free promotional and educational materials.

The DHHS Office on Women's Health spearheads this event and has created a website for NWHW on the National Women's Health Information Center website <http://www.4woman.gov/>. The website is full of resources and information for women interested in participating in events and for organizations planning activities. The site at <http://www.4woman.gov/whw> has been updated for this year's event. Interested organizations can sign up as a host for events or screenings by visiting <http://www.4woman.gov/whw>.

National Women's Health Week & National Women's Check-Up Day  
Page 2 of 2

Last year, National Women's Health Week resulted in over 1,400 events, proclamations, and health screenings in all 50 states, some territories, and Canada. Aging is very much a woman's issues. According to the U.S. Census Bureau, for every 100 men over the age of 60 there are approximately 134 women. This gender gap widens as the population ages so that there are twice as many women aged 85 and over as men.

For more information or assistance on women's health issues, contact Jennifer Klocinski, MA, Aging Services Program Specialist, Office of Community Based Services\Center for Wellness and Community Based Services at Administration on Aging. She can be reached at 202-357-0146 or via email at [jjennifer.klocinski@aoa.hhs.gov](mailto:jjennifer.klocinski@aoa.hhs.gov)

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*  
Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** AAA Directors

**FROM:** Bill Peterson

**DATE:** March 8, 2005

**SUBJECT: Livable Communities Competition**

The U.S. Administration on Aging (AoA) and the Center for Home Care Policy and Research are pleased to announce that applications are now being accepted for the Models of Livable Communities Competition.

The purpose of this competition is to identify and showcase cities and counties that exemplify a livable community and to highlight promising practices that can be used by local governments throughout the country in preparing for the aging of the baby boom population. Through the development and national dissemination of case studies that highlight leading practices, AoA aims to inspire other communities to also become Livable Communities for All Ages, including older adults.

For purposes of this competition, livable communities are defined as cities and counties that have successfully taken specific actions in response to changing demographics, to make significant improvements in the areas of:

- Affordable and accessible housing
- Affordable and accessible transportation
- Accessible built environments
- Work, education, and volunteer opportunities
- Access to health and supportive services
- Citizen participation in civic affairs and cultural events

In each of these six topic areas, livable communities strive to:

- Provide choice
- Maximize people's independence

Livable Communities Competition  
Page 2 of 2

- Assure their safety and security
- Promote inclusiveness
- Provide readily available, culturally appropriate information

**Applications are due on May 2, 2005.** For competition guidelines and the entry form go to: <http://www.vnsny.org/research/aoacompetition>

**COMMONWEALTH of VIRGINIA**  
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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Carol Cooper Driskill

**DATE:** March 8, 2005

**SUBJECT: AAA Nutrition Directors Meeting & Training**

The AAA Nutrition Directors Meeting and Training is scheduled for **Friday, May 6, 2005** in Charlottesville at Virginia Department of Forestry Central Office. There is no limit on the number of attendees from each AAA; subcontractors are welcome.

Attached please find: Information sheet with details about lodging, map, and registration form. Please fax the registration form to me at VDA by April 29 even if no one from your agency is attending. A block of rooms will be held at the Fairfield Inn Charlottesville North until April 22.

Our focus for the day will be implementation of DRIs (Dietary Reference Intakes) as well as the impact of the new Dietary Guidelines for Americans 2005. Speakers include Eleanor D. Schlenker, Ph.D., R.D., Professor in the Department of Human Nutrition, Foods & Exercise at Virginia Polytechnic Institute & State University and Jennifer Drzik, M.S., R.D. Ms. Drzik is the State Nutritionist at Maryland Department of Aging and is implementing DRIs in her state.

Information on DRIs for older adults and new Dietary Guidelines is available at The National Policy and Resource Center on Nutrition and Aging at Florida International University web site. Go to <http://www.fiu.edu/~nutreldr/>

Please contact me with any questions or concerns. I can be reached by telephone (804) 662-9319 or email: [Carol.Driskill@vda.virginia.gov](mailto:Carol.Driskill@vda.virginia.gov) I look forward to seeing everyone in Charlottesville on May 6th!

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229  
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E-mail: [aging@vda.virginia.gov](mailto:aging@vda.virginia.gov) • Web Site: [www.vda.virginia.gov](http://www.vda.virginia.gov)

REGISTRATION FORM  
AAA Nutrition Directors Meeting & Training  
Friday, May 6, 2005  
10:00 a.m. - 4:30 p.m.  
Charlottesville

AAA Name \_\_\_\_\_ Contact Person \_\_\_\_\_

Please send Registration Form to Carol Driskill at VDA by April 29, 2005

Fax: (804) 662-9354

Email: [Carol.Driskill@vda.virginia.gov](mailto:Carol.Driskill@vda.virginia.gov)

INDIVIDUALS ATTENDING

Only one sheet is needed per AAA!

Please note if any attendees have a disability and need assistance or special accommodations

<u>Name</u>	<u>Title</u>	<u>Email</u>

\_\_\_\_\_ No one from our AAA is able to attend this year.

AAA NUTRITION DIRECTORS MEETING & TRAINING  
FRIDAY, MAY 6, 2005 FROM 10:00 A.M. – 4:30 P.M.  
CHARLOTTESVILLE

**Agenda:** Our focus for the day will be implementation of DRIs (Dietary Reference Intakes) as well as the impact of the new Dietary Guidelines for Americans 2005. Speakers include Eleanor D. Schlenker, Ph.D., R.D., Professor in the Department of Human Nutrition, Foods & Exercise at Virginia Polytechnic Institute & State University and Jennifer Drzik, M.S., R.D. Ms. Drzik is the State Nutritionist at Maryland Department of Aging and has worked on the implementation of DRIs in her state.

You may wish to visit the web site for The National Policy and Resource Center on Nutrition and Aging at Florida International University to acquaint yourself with DRIs for older adults and new Dietary Guidelines. Go to <http://www.fiu.edu/~nutreldr/>

**Location:** Virginia Department of Forestry Central Office, Fontaine Research Park, 900 Natural Resources Drive, Suite 800, Charlottesville. Telephone: (434) 977-6555. Map enclosed. I will email directions from Route 64 and from the hotel prior to the training.

**Registration Form:** *Please fax the enclosed registration form to Carol Driskill at VDA by April 29, 2005 even if no one is able to attend from your agency.*

**Guest Rooms:** Fairfield Inn Charlottesville North  
Rooms are being held for May 5 & May 6. *Call the Fairfield Inn directly* (434) 964-9411 by Friday, April 22, 2005 to reserve a room under “Department for the Aging Group Block.” State rate for one person is \$65.00/night plus 10% tax (\$71.50). A continental breakfast is available. Fairfield Inn Charlottesville North, 577 Branchlands Boulevard, Charlottesville, (434) 964-9411.

**Morning Coffee:** There is a café within the building if you wish to purchase morning coffee.

**Lunch:** We’ll order lunch after everyone arrives. Each attendee will pay the cafe directly; prices vary.

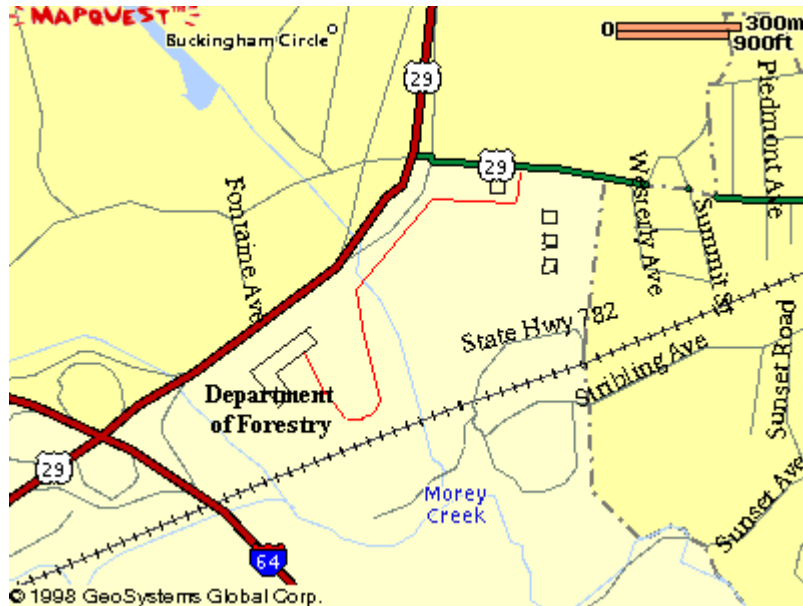
**Dress:** Casual and comfortable; jeans are fine.

**Next Meeting:** Fall 2005 or Spring 2006 depending on group consensus.

**Reminder:** The 5<sup>th</sup> Annual Spring Workshop for AAA Congregate Site & Senior Center Staff will be held at Piedmont Geriatric Hospital, Burkeville, on Wednesday, April 13, 2005 and Thursday, May 19, 2005 (attend one). The deadline to register with Piedmont Geriatric Institute is March 30, 2005. See the VDA Tuesday Mailing 2/8/05 for more information. Workshops include Group Leadership: How to Effectively Lead Fun & Therapeutic Groups and Successful Physical Activity Programs.



## Virginia Department of Forestry Central Office: Address and Phone Number



### Virginia Department of Forestry Central Office

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